WHAT IS CLAIMED IS:

- 1. In a method of using a bone defect filling cement, the improvement comprising:
- 5 using vibration in conjunction with said cement.
 - 2. The method according to Claim 1, wherein vibration is employed in conjunction with the preparation of said cement.
- 10 3. The method according to Claim 1, wherein vibration is employed is conjunction with delivery of said cement.
 - 4. The method according to Claim 1, wherein vibration is employed in conjunction with preparation of a target bone site for said cement.

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- 5. The method according to Claim 1, wherein vibration is employed in postdelivery modification of saidcement.
- 6. The method according to Claim 1, wherein said vibration has a frequency ranging from about 0.1 5.0 to about 100,000 Hz.
 - 7. The method according to Claim 6, wherein said cement has a specific gravity at 20°C that is at least about 1.0.
- 25 8. The method according to Claim 7, wherein said cement is a calcium and/or phosphate or sulfate cement.
 - 9. The method according to Claim 8, wherein said cement is a calcium phosphate or calcium sulfate cement.

10. A method of introducing a cement composition into a target bone site, said method comprising:

delivering said cement composition to said target bone site in conjunction with vibration.

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- 11. The method according to Claim 10, wherein said target bone site is part of a reduced fracture.
- 12. The method according to Claim 11, wherein said target bone site comprises cancellous bone.
 - 13. The method according to Claim 12, wherein said vibration provides for controlled penetration of said cement composition into said cancellous bone without use of substantial pressure.

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14. The method according to Claim 13, wherein penetration of said cement into said cancellous bone stops substantially simultaneously with cessation of said vibration.

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15. The method according to Claim 10, wherein said vibration is provided by applying vibratory force to a cement composition introduction element of a delivery device for said cement.

- 16. The method according to Claim 15, wherein said cement composition introduction element is a tubular structure.
- 17. The method according to Claim 16, wherein said delivery device comprises a vibratory element for vibrating said tubular structure.

- 18. The system according to Claim 17, wherein said tubular structure is a needle.
- 19. The system according to Claim 17, wherein said tubular structure is a cannula.
 - 20. A system for using a bone defect filling cement, said system comprising:
 - (a) a cement handling element; and
- (b) a vibratory element for vibrating said cement during its preparation and/or use.
 - 21. The system according to Claim 20, wherein said cement handling element is a delivery device comprising a cementcomposition introduction element.
- 15 22. The system according to Claim 21, wherein said cement composition introduction element is a tubular structure.
 - 23. The system according to Claim 22, wherein said tubular structure is a needle.
 - 24. The system according to Claim 22, wherein said tubular structure is a cannula.
- 25. The system according to Claim 20, wherein said system further comprises a cement composition.
 - 26. The system according to Claim 25, wherein said cement composition is a calcium phosphate composition.
- 30 27. A kit for using a bone defect filling cement, said kit comprising:

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- (a) a cement handling element; and
- (b) a vibratory element for vibrating said cement at some point during its preparation or use.
- 5 28. The kit according to Claim 27, wherein said cement handling element is a delivery device comprising a cement composition introduction element.
 - 29. The kit according to Claim 28, wherein said cement composition introduction element is a tubular structure.

30. The kit according to Claim 29, wherein said tubular structure is a needle.

- 31. The kit according to Claim 29, wherein said tubular structure is a cannula.
- 15 32. The kit according to Claim 29, wherein said kit further comprises a cement composition.